

Aspire, AA and Oceans Reflection (300 word minimum)

<p style="text-align: center;">Safety & Quality</p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	<p>I feel that my classmates and I accomplished and maintained a safe environment by developing a healthy relationship with both the patients and staff. We got to meet everyone and why they were there. Both the staff and patients were very respectful.</p>
<p style="text-align: center;">Clinical Judgment</p> <p>As you listened during group, how were you able to integrate classroom knowledge with what the patient/therapist were discussing:</p> <ul style="list-style-type: none"> • What can you apply to this situation from your previous knowledge? • Can you apply these learnings to other events? How can you use this to further improve your practice in the future? • What have you learned from clinical? 	<ul style="list-style-type: none"> • While we haven't lectured over substance abuse just yet, I have experienced patients/ family members that are going through withdraw symptoms. Emotional support and managing the symptoms • Absolutely, substance abuse can come along no matter what floor I end up working. Hearing how they manage their symptoms helped a lot. Not only that, but if a patient needs rehabilitation, I know a place where they would be in good hands. • Addiction IS a disease. They want to do better, but there is always something that holds them back. Whether its themselves, their situation, or other people. There is always an underlying issue. Aspire focuses on mental health and teaching men how to healthily deal with their emotions, instead of reaching for a bottle and/or drugs.
<p style="text-align: center;">Patient Centered Care</p> <p>Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>While there isn't one singular patient I could point out, the program really does hit key points on mental health. A deeper look inside one's self is the key focus of Fire Sky ranch. No one got them there except themselves. When I say that, I mean their highs and lows. (using and seeking help)</p>

<p style="text-align: center;">Professionalism</p> <p>How did you maintain professionalism? You can review your clinical evaluation for ideas (What has this taught you about professional practice? About yourself?)</p>	<p>I maintained professionalism by showing up in uniform, hearing the patients and staff out, and paying close attention in group secessions.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>Therapeutic communication for me is simply giving a listening ear. During our second group session all the patients had to introduce themselves, and why they were there. Hearing them admit to what brought them there, as well the therapist relating to their situation felt right to me. How else does someone learn from their mistakes other than someone who has been in the same situations?</p>
<p style="text-align: center;">Feelings</p> <ul style="list-style-type: none"> • How were you feeling at the beginning? • What were you thinking at the time? • How did the event make you feel? • What did the words or actions of others make you think? • How did this make you feel? • How did you feel about the outcome? • What is the most important emotion or feeling you had? 	<ul style="list-style-type: none"> • I was nervous. Going to a clinical that isn't the typical hospital setting always gets to me. • This is awesome. The patients still had access to the outside world. The owner explained to us that they need these essentials to succeed outside the ranch. • Hopeful, addicts are not a lost cause. They are humans, and humans make mistakes. • The therapist weren't trying to be an extreme example of what a former addict should act like. They were normal people, expressing feelings any other person would express. <ul style="list-style-type: none"> • This experience made me realize that anyone can be going through struggles that aren't visible. There was patients that were younger than me, and patients that were my parents age. • The outcome of this experience for me was that anyone can reach their lowest, and still want the best for themselves. <ul style="list-style-type: none"> • Again, hopeful. These patients are wanting better for themselves, and should not have to go through this alone.

abeEvaluation

What stood out the most about Aspire, AA, or
Oceans

Aspire focuses on the underlying cause of addiction. Mental health can cause men to fall into addiction. Aspire makes these men look at the emotions that are often taught to suppress growing up. They do not know how to deal with extreme emotions, so what do they do? Reach for a bottle, or dabble in drugs.